

## January 2019

### AASD Elementary Lunch Menu

|           |    |   |
|-----------|----|---|
| Tuesday   | 1  | NO SCHOOL – HAPPY NEW YEAR  |
| Wednesday | 2  | Hot Dog, Baked Beans, Steamed Carrots                             |
| Thursday  | 3  | General Tso’s Chicken, Rice, Steamed Broccoli, Cucumber Slices    |
| Friday    | 4  | Toasted Cheese Sandwich, Tomato Soup, Green Peas                  |
| Monday    | 7  | Popcorn Chicken, Dinner Roll, Cheesy Broccoli, Baby Carrots       |
| Tuesday   | 8  | Loaded Nachos, Baked, Beans, Cherry Tomatoes                      |
| Wednesday | 9  | Cheeseburger, French Fries, Italian Salad                         |
| Thursday  | 10 | Pasta with Meat Sauce, Breadstick, Green Peas, Celery Sticks      |
| Friday    | 11 | Cheese Pizza Sticks with Sauce, Steamed Corn, Red Pepper strips   |
| Monday    | 14 | Chicken Nuggets, Dinner Roll, Steamed Broccoli, Baby Carrots      |
| Tuesday   | 15 | Walking Tacos, Mexican Rice, Baked Beans, Steamed Corn            |
| Wednesday | 16 | Corn Dog, French Fries, Steamed Carrots                           |
| Thursday  | 17 | Homemade Meatloaf, Mashed Potatoes, Green Beans                   |
| Friday    | 18 | NO SCHOOL - INSERVICE   |
| Monday    | 21 | NO SCHOOL – MARTIN LUTHER KING DAY                                |
| Tuesday   | 22 | Crunchy Tacos, Baked Beans, Steamed Corn                          |
| Wednesday | 23 | Meatball Hoagie, Green Beans, Baby Carrots                        |
| Thursday  | 24 | General Tso’s Chicken, Rice, Steamed Broccoli, Cucumber Slices    |
| Friday    | 25 | Toasted Cheese Sandwich, Tomato Soup, Green Peas                  |
| Monday    | 28 | Popcorn Chicken, Dinner Roll, Steamed Broccoli, Baby Carrots      |
| Tuesday   | 29 | Loaded Nachos, Baked, Beans, Steamed Carrots                      |
| Wednesday | 30 | Sloppy Joe, French Fries, Italian Salad                           |
| Thursday  | 31 | Pasta with Meat Sauce, Breadstick, Green Beans, Red Pepper Strips |

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**What is a Meal?** You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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**Components:** Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk  
- 1% white, fat-free white, chocolate, vanilla and strawberry

**Daily Fruit Selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Other Daily Features:** Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

**Deli:** Turkey, Ham, Buffalo Chicken available in: Wraps, Hoagies, and Flatbreads

**Pizza:** Cheese, Pepperoni, and Buffalo Chicken Pizza

**Fresh Salads served w/ a dinner roll:** Chicken Caesar, Chopped Garden, Buffalo Chicken, Crispy Chicken

**On the Go?** Grab and Go Sandwiches, Crackers Cheese and Fruit.

**Lunch Prices:** Student \$2.05. Reduced \$0.40. Adult \$3.05.

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